ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

TACO BELL

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL
201-300 CAL
301-400 CAL
401-500 CAL
501+ CAL

FEATURED

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chalupa Supreme - Beef	392	15	33	-	3.6	23	1.4
Chalupa Supreme - Black Bean	354	9.7	33	-	3.4	20	1.2
Chalupa Supreme - Grilled Chicken	377	17	33	-	3.7	20	1.4
Chalupa Supreme - Shredded Chicken	388	15	33	-	4	22	1.4
Cheesy Gordita Crunch	512	22	42	-	3.5	29	2.2

FAVOURITES

Crunchwrap Supreme - Beef	578	17	67	-	5.6	27	2.2
Crunchwrap Supreme - Black Beans	540	13	68	-	5.4	24	1.9
Crunchwrap Supreme - Grilled Chicken	563	20	67	-	5.8	25	2.2
Crunchwrap Supreme - Shredded Chicken	574	17	67	-	6.1	27	2.1
Quesadilla - Beef	544	26	41	-	4	30	2.4
Quesadilla - Black Beans	506	21	42	-	3.8	27	2.1
Quesadilla - Cheese	478	19	40	-	3.8	27	1.9
Quesadilla - Grilled Chicken	529	28	42	-	4.2	28	2.4
Quesadilla - Shredded Chicken	540	26	42	-	4.4	30	2.3

BURRITOS

7-Layer Burrito	454	15	56	-	4.3	17	2.4
Crispy Chicken Burrito	636	25	49	-	7.1	38	2.7
Double Cheesy Black Bean Burrito	379	11	53	-	3.3	13	2.1
Volcano Burrito - Beef	649	17	62	-	5	37	2.9
Volcano Burrito - Black Beans	610	12	63	-	4.8	34	2.6
Volcano Burrito - Grilled Chicken	633	19	63	-	5.2	34	2.9
Volcano Burrito - Shredded Chicken	645	17	63	-	5.4	37	2.8

TACOS

Crunchy Taco - Beef	159	9.4	11	-	0.7	8.9	0.77
Crunchy Taco - Black Beans	120	4.5	11	-	0.5	5.7	0.51
Crunchy Taco - Grilled Chicken	143	12	11	-	0.9	6	0.79
Crunchy Taco - Shredded Chicken	155	9.4	11	-	1.2	8.4	0.7
Crunchy Taco Supreme - Beef	202	9.9	12	-	1.8	13	0.79
Crunchy Taco Supreme - Black Beans	164	5	13	-	1.5	9.8	0.52
Crunchy Taco Supreme - Grilled Chicken	187	12	12	-	1.9	10	0.81
Crunchy Taco Supreme - Shredded Chicken	198	9.9	12	-	2.2	13	0.71
Soft Taco - Beef	193	11	18	-	1.1	8.2	1
Soft Taco - Black Beans	154	6.1	19	-	0.9	5	0.78
Soft Taco - Grilled Chicken	177	13	19	-	1.3	5.4	1.1
Soft Taco - Shredded Chicken	189	11	19	-	1.6	7.8	0.97
Soft Taco Supreme - Beef	236	11	20	-	2.2	12	1.1
Soft Taco Supreme - Black Beans	198	6.6	20	-	1.9	9.1	0.79
Soft Taco Supreme - Grilled Chicken	220	14	20	-	2.3	9.5	1.1
Soft Taco Supreme - Shredded Chicken	232	11	20	-	2.6	12	0.99

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SHAREABLES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fries Bell Grande	881	18	107	-	5.1	47	3.3
Fries Supreme	517	13	56	-	3.6	29	2
Nachos Bell Grande	658	16	64	-	5.4	39	2.8

CRAVINGS VALUE MENU

Beefy Nacho Griller	398	14	49	-	2.8	16	1.8
Cheesy Roll Up	199	9	17	-	0.7	11	0.84
Churros	182	2.3	23	-	6.1	9.4	0.59
Cinnamon Twists	173	1.7	24	-	8.6	8.1	0.54
Crispy Chicken Soft Taco	346	13	21	-	2	23	1.5
Spicy Chicken Griller	316	15	40	-	2.6	10	1.9

SIDES & EXTRAS

Black Beans	83	5.8	6.5	-	<0.5	1.3	0.86
Guacamole	23	<0.5	1.3	-	<0.5	2	0.17
Jalapeños	3	<0.5	<0.5	-	<0.5	<0.5	0.98
Nacho Cheese Sauce	89	1.3	3.4	-	1.6	8.6	0.42
Pico de Gallo	4	<0.5	0.9	-	0.8	<0.5	0.15
Seasoned Fries with Cheese Sauce (Large)	408	5.6	53	-	2.3	22	1.4
Seasoned Fries with Cheese Sauce (Regular)	322	4.4	40	-	2.1	18	1.2
Seasoned Nacho Chips with Cheese Sauce (Large)	412	5.5	49	-	3	23	1.6
Seasoned Nacho Chips with Cheese Sauce (Regular)	283	3.8	30	-	2.4	17	1.1
Seasoned Rice	116	2.1	24	-	2	1.8	1.2
Sour Cream	83	0.9	1.4	-	1.2	8.2	0.03

ADD-ONS

Extra Grilled Chicken	51	9.1	1.9	-	<0.5	0.8	0.57
Extra Seasoned Beef	66	6.8	1.6	-	<0.5	3.6	0.55
Extra Shredded Chicken	62	6.8	1.9	-	0.7	3.1	0.48
Fire Sauce	2	<0.5	<0.5	-	<0.5	0.6	0.17
Heinz Light Mayonnaise Sachet	30	<0.5	0.7	-	<0.5	2.5	0.2
Heinz Tomato Ketchup Sachet	10	1	2.2	-	1.9	<0.5	0.2
Hot Sauce	1	<0.5	<0.5	-	<0.5	<0.5	0.1
Mild Sauce	1	<0.5	<0.5	-	<0.5	<0.5	0.1

DESSERTS

Churros (2) with Dulce de Leche	270	4.4	38	-	21	12	0.66
Churros (6) with Dulce de Leche	722	11	99	-	48	32	1.9
Grande Cinnamon Twists	865	8.4	120	-	43	40	2.7

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

DRINKS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
7Up Free (1.5L Bottle)	30	<0.5	<0.5	-	<0.5	<0.5	0.59
7Up Free (Can)	7	<0.5	<0.5	-	<0.5	<0.5	0.13
7Up Free (Large)	13	<0.5	<0.5	-	<0.5	<0.5	0.58
7Up Free (Regular)	9	<0.5	<0.5	-	<0.5	<0.5	0.42
Bottled Water	0	<0.5	<0.5	-	<0.5	<0.5	<0.01
Diet Pepsi (1.5L Bottle)	9	<0.5	<0.5	-	<0.5	<0.5	0.74
Diet Pepsi (Can)	2	<0.5	<0.5	-	<0.5	<0.5	0.16
Diet Pepsi (Large)	4	<0.5	<0.5	-	<0.5	<0.5	0.43
Diet Pepsi (Regular)	3	<0.5	<0.5	-	<0.5	<0.5	0.31
Lemonade Freeze	166	<0.5	41	-	40	<0.5	0.04
Lipton Ice Tea Peach (Large)	124	1.6	30	-	29	<0.5	0.19
Lipton Ice Tea Peach (Regular)	90	1.2	22	-	21	<0.5	0.14
Mountain Dew Citrus Sugar Free (Bottle)	5	<0.5	<0.5	-	<0.5	<0.5	0.05
Pepsi (1.5L Bottle)	615	<0.5	165	-	165	<0.5	0.15
Pepsi (Can)	135	<0.5	36	-	36	<0.5	0.03
Pepsi Max (1.5L Bottle)	6	<0.5	<0.5	-	<0.5	<0.5	<0.01
Pepsi Max (Can)	1	<0.5	<0.5	-	<0.5	<0.5	<0.01
Pepsi Max (Large)	3	<0.5	<0.5	-	<0.5	<0.5	0.32
Pepsi Max (Regular)	2	<0.5	<0.5	-	<0.5	<0.5	0.23
Pepsi Max Cherry (Large)	5	<0.5	<0.5	-	<0.5	<0.5	0.32
Pepsi Max Cherry (Regular)	3	<0.5	<0.5	-	<0.5	<0.5	0.23
Robinsons Apple and Blackcurrent (Large)	13	<0.5	<0.5	-	<0.5	<0.5	0.13
Robinsons Apple and Blackcurrent (Regular)	9	<0.5	<0.5	-	<0.5	<0.5	0.09
Strawberry Freeze	183	<0.5	46	-	44	<0.5	0.04
Tango Apple Sugar Free (Large)	26	<0.5	3.3	-	3.3	<0.5	0.7
Tango Apple Sugar Free (Regular)	19	<0.5	2.4	-	2.4	<0.5	0.51
Tango Orange Sugar Free (1.5L Bottle)	60	<0.5	<0.5	-	<0.5	<0.5	0.89
Tango Orange Sugar Free (Can)	13	<0.5	<0.5	-	<0.5	<0.5	0.19
Tango Orange Sugar Free (Large)	7	<0.5	<0.5	-	<0.5	<0.5	0.7
Tango Orange Sugar Free (Regular)	5	<0.5	<0.5	-	<0.5	<0.5	0.51